

# Purpose



## Mission

To optimize population health among Southwest (SW) Region Sailors and Marines, promoting readiness and well-being.

## Vision

To be the "Go To" resource for Force Health Promotion.

## Background

DoD Force Health Protection doctrine clearly recognizes the need for a healthy and fit force to accomplish its missions. A multitude of health promotion activities has produced similar but uncoordinated programs. This has created lapses, duplication, and various levels of success and implementation.

Members are nurses, physicians, and

# Goals



## The Force Health Promotion Working Group

- ◆ Maximize the use of Force Health Promotion (FHP) programs by identifying, consolidating, and marketing all available Health Promotion resources.
- ◆ Foster an ongoing partnership with individual command FHP (Health Promotion) coordinators.
- ◆ Strengthen the support and involvement of command leadership for FHP initiatives.
- ◆ Conduct ongoing FHP needs assessments.
- ◆ Demonstrate the tangible benefits of FHP initiatives through data collection, analysis, and feedback.
- ◆ Advocate the incorporation of FHP initiatives into command directives and instructions.

Be the premier Health Promotion asset for the SW Region.

# FHPWG



**We can assist with frequently asked questions such as:**

**What are the health needs of my crew- how do I conduct a needs assessment?**

**What programs are available to address the health needs of my command?**

**How do I decrease lost man-hours due to health related issues?**

**What are the top three causes for attrition at my Command?**

**How do I increase retention?**

**Does my command's health promotion program qualify for the Green H?**

# Online Health Promotion Resources



## **General Health Information**

[www.vnh.org](http://www.vnh.org)  
[www.medlineplus.gov](http://www.medlineplus.gov)  
[www.nih.gov/health](http://www.nih.gov/health)  
[www.dhhs.gov](http://www.dhhs.gov)  
[www.health.gov](http://www.health.gov)

## **Sexual Health & Responsibility**

[www.cdc.gov/nchstp/dstd/dstdp.html](http://www.cdc.gov/nchstp/dstd/dstdp.html)  
[www.ashstd.org](http://www.ashstd.org)  
[www.siecus.org](http://www.siecus.org)  
[www.fhi.org](http://www.fhi.org)  
[www-nehc.med.navy.mil/hp/sharp](http://www-nehc.med.navy.mil/hp/sharp)

## **Tobacco Cessation**

[www-nehc.med.navy.mil/hp/tobacco](http://www-nehc.med.navy.mil/hp/tobacco)  
[www.tricare.osd.mil/smokeout](http://www.tricare.osd.mil/smokeout)  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)  
[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)

## **Stress & Suicide**

[www-nehc.med.navy.mil/hp/suicide](http://www-nehc.med.navy.mil/hp/suicide)  
[www.cdc.gov/safeusa/suicide.htm](http://www.cdc.gov/safeusa/suicide.htm)  
[www-nehc.med.navy.mil/hp/stress](http://www-nehc.med.navy.mil/hp/stress)  
[www.suicidology.org](http://www.suicidology.org)  
[www.nimh.nih.gov/publicat/depression.cfm](http://www.nimh.nih.gov/publicat/depression.cfm)

## **Military Family Resources**

[www.tricareonline.com](http://www.tricareonline.com)  
[www.lifelines2000.org](http://www.lifelines2000.org)  
[www.usmc-mccs.org](http://www.usmc-mccs.org)  
[www.military.com](http://www.military.com)  
[dticaw.dtic.mil/mapsite](http://dticaw.dtic.mil/mapsite)

## **Injury Prevention**

[www.osha.gov](http://www.osha.gov)  
[www.cdc.gov/niosh/homepage.html](http://www.cdc.gov/niosh/homepage.html)  
[www.dir.ca.gov/dosh](http://www.dir.ca.gov/dosh)  
[www.nhtsa.dot.gov/people/injury](http://www.nhtsa.dot.gov/people/injury)  
[www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)

## **Nutrition & Weight Management**

[www.eatright.org](http://www.eatright.org)  
[www.aahperd.org](http://www.aahperd.org)  
[www.usda.gov/cnpp](http://www.usda.gov/cnpp)  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)  
[www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)

## **Substance Abuse**

[navdweb.spawar.navy.mil](http://navdweb.spawar.navy.mil)  
[www.defenselink.mil/specials/drugawareness](http://www.defenselink.mil/specials/drugawareness)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.health.org](http://www.health.org)

# Southwest Region Force Health Promotion Guide

# FHPWG



<http://www.spawar.navy.mil/usn/nepmu5>

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